

NEUROPSYCHOPHARMACOLOGY

[1] Omega-3 fatty acids may improve attention

The addition of omega-3 fatty acids to boys' diets may improve attention, according to a study published in *Neuropsychopharmacology*.

Omega-3 fatty acids are thought to affect neural signaling although the biological mechanism involved is unclear.

Dienke J. Bos and colleagues evaluated 38 8-14 year-old boys with attention deficit hyperactivity disorder (ADHD), and 38 without in a double-blind, randomized, placebo-controlled trial. Over a period of 16 weeks, participants daily consumed either omega-3-enriched margarine, or standard margarine. The authors found that omega-3 supplementation improved parent-rated attention in both participants with ADHD and typically developing children. However, omega-3 treatment was not shown to affect brain activity during a cognitive control task or lead to improved performance. Further studies are needed to identify the neural networks involved.

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